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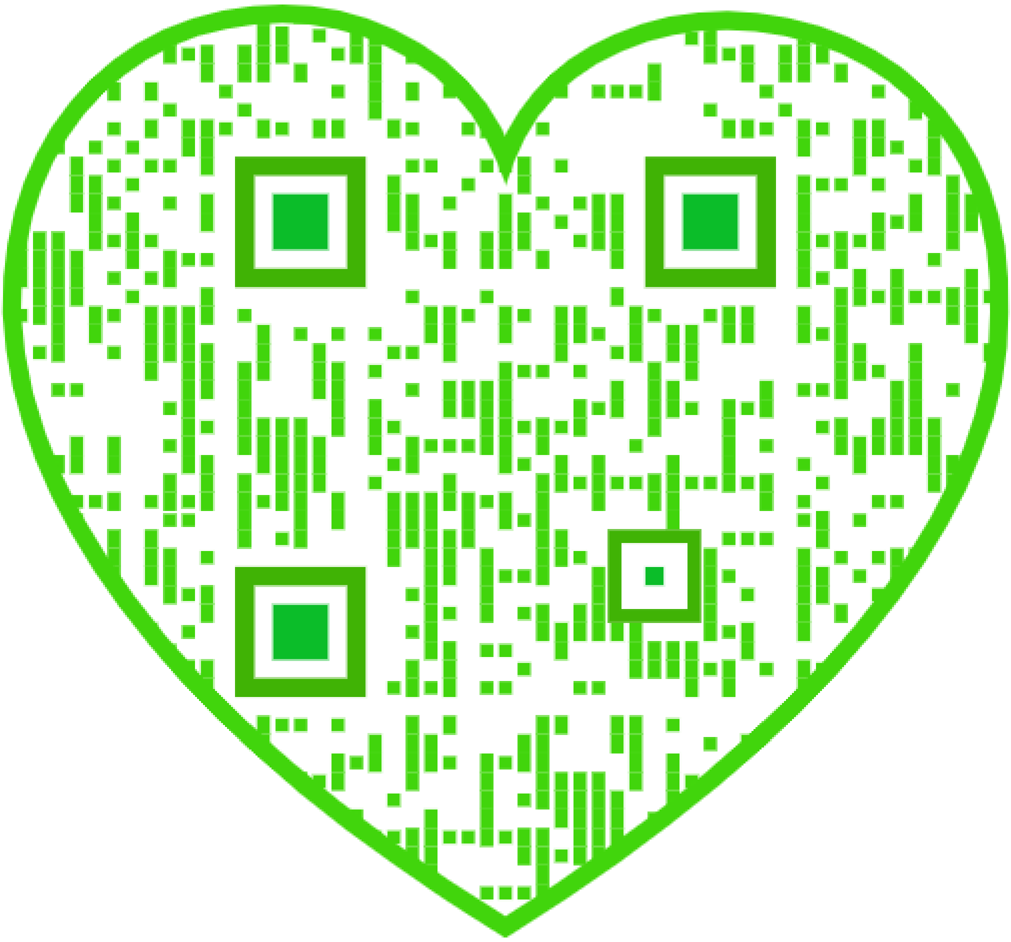

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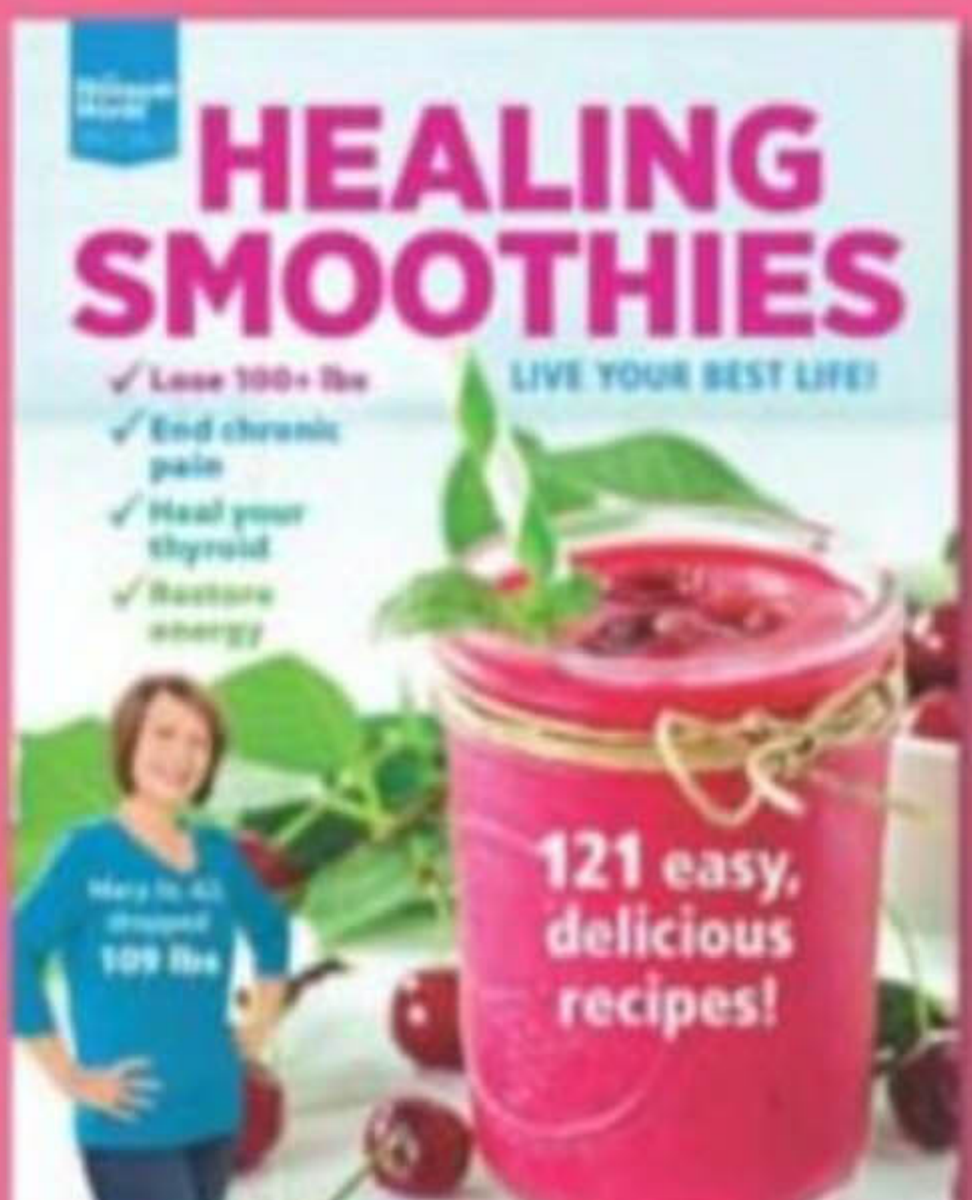
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Vegetable Broth

Total Time: 8 hours | **Servings:** 8

2	tablespoons extra-virgin olive oil
¼	cup apple cider vinegar
5	quarts filtered water
2	onions, skin on, quartered
2	celery sticks, chopped
2	medium carrots, peeled and chopped
2	bay leaves
4	sprigs fresh parsley
4	sprigs fresh thyme
1	tablespoon whole black or white peppercorns
2	tablespoons salt, optional

1. In a large stockpot, add all ingredients. Over medium-high heat, bring to a gentle boil; turn down to a bare simmer for 6 to 8 hours. (Or simmer in a covered Dutch oven in a 200°F oven for 12 hours.)
2. Strain broth; discard solids. Return strained broth to a boil. Remove from heat and allow to cool before serving or storing.

Broth

Chicken Bone Broth

Total Time: 8 hours 15 minutes | **Servings:** 8

5	pounds bony chicken parts, such as backs, necks, wings or breast bones
2–3	chicken feet, optional
2	tablespoons extra-virgin olive oil
¼	cup apple cider vinegar
5	quarts filtered water
2	onions, skin on, quartered
2	celery sticks, chopped
2	medium carrots, peeled and chopped
2	bay leaves
4	sprigs fresh parsley
4	sprigs fresh thyme
1	tablespoon whole black or white peppercorns

1. In a large stockpot, add all ingredients. Over medium-high heat, bring to a gentle boil; turn down to a bare simmer for 8 hours. (Or simmer in a covered Dutch oven in a 200°F oven for 12 hours.)

2. Remove bones from broth; discard. Strain broth; discard solids. Skim fat; discard or reserve for cooking. Return strained and skimmed broth to a boil. Remove from heat and allow to cool before serving or storing.

You can use a whole chicken instead of bones, if you want meat leftover.

Beef Bone Broth

Total Time: 12 hours 30 minutes | **Servings:** 8

- 5 pounds beef knuckle and marrow bones
- 1 calf or beef foot, optional
- 2 tablespoons extra-virgin olive oil
- ¼ cup apple cider vinegar
- 5 quarts filtered water
- 2 onions, skin on, quartered
- 2 celery sticks, chopped
- 2 medium carrots, peeled and chopped
- 2 bay leaves
- 4 sprigs fresh parsley
- 4 sprigs fresh thyme
- 1 tablespoon whole black or white peppercorns

1. Preheat oven to 400°F. Place bones on a rimmed baking sheet; roast for 30 minutes until well browned. (Leave marrow in for a nutritious but cloudy broth; remove it for a clear broth.)

2. In a large stockpot, add bones, pan drippings and remaining ingredients. Over medium-high heat, bring to a gentle boil; turn down to a bare simmer for at least 12 hours. (Or simmer in a covered Dutch oven in a 200°F oven for 16 hours.)

3. Remove bones from broth; discard. Strain broth; discard solids. Skim fat; discard or reserve for cooking. Return strained and skimmed broth to a boil. Remove from heat and allow to cool before serving or storing.

Pork Bone Broth

Total Time: 12 hours 30 minutes | **Servings:** 8

5	pounds ham hocks and neck bones
1	pig foot, optional
2	tablespoons extra-virgin olive oil
¼	cup apple cider vinegar
5	quarts filtered water
2	onions, skin on, quartered
2	celery sticks, chopped
2	medium carrots, peeled and chopped
2	bay leaves
4	sprigs fresh parsley
4	sprigs fresh thyme
1	tablespoon whole black or white peppercorns
2	tablespoons salt, optional

1. Preheat oven to 400°F. Place bones on a rimmed baking sheet; roast for 30 minutes until well browned. (Leave marrow in for a nutritious but cloudy broth; remove it for a clear broth.)

2. In a large stockpot, add bones, pan drippings and remaining ingredients. Over medium-high heat, bring to a gentle boil; turn down to a bare simmer for at least 12 hours. (Or simmer in a covered Dutch oven in a 200°F oven for 16 hours.)

3. Remove bones from broth; discard. Strain broth; discard solids. Skim fat; discard or reserve for cooking. Return strained and skimmed broth to a boil. Remove from heat and allow to cool before serving or storing.

Seafood Broth

Total Time: 12 hours 30 minutes | **Servings:** 8

5	pounds shells of shrimp, crab, lobster, clams and/or mussels
2	tablespoons extra-virgin olive oil
1	cup white wine
4	tablespoons tomato paste
5	quarts filtered water
2	onions, skin on, quartered
2	celery sticks, chopped
2	medium carrots, peeled and chopped
2	bay leaves
4	sprigs fresh parsley
4	sprigs fresh thyme
1	tablespoon whole black or white peppercorns

1. In a large stockpot, add all ingredients. Over medium-high heat, bring to a gentle boil; turn down to a bare simmer for at least 12 hours. (Or simmer in a covered Dutch oven in a 200°F oven for 16 hours.)

2. Strain and skim broth; discard solids and shells. Return strained broth to a boil. Remove from heat and allow to cool before serving or storing.

DAEDALUS 6-Quart Hammered
Stainless Steel Stock Pot
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Soup-erstar
stock pots

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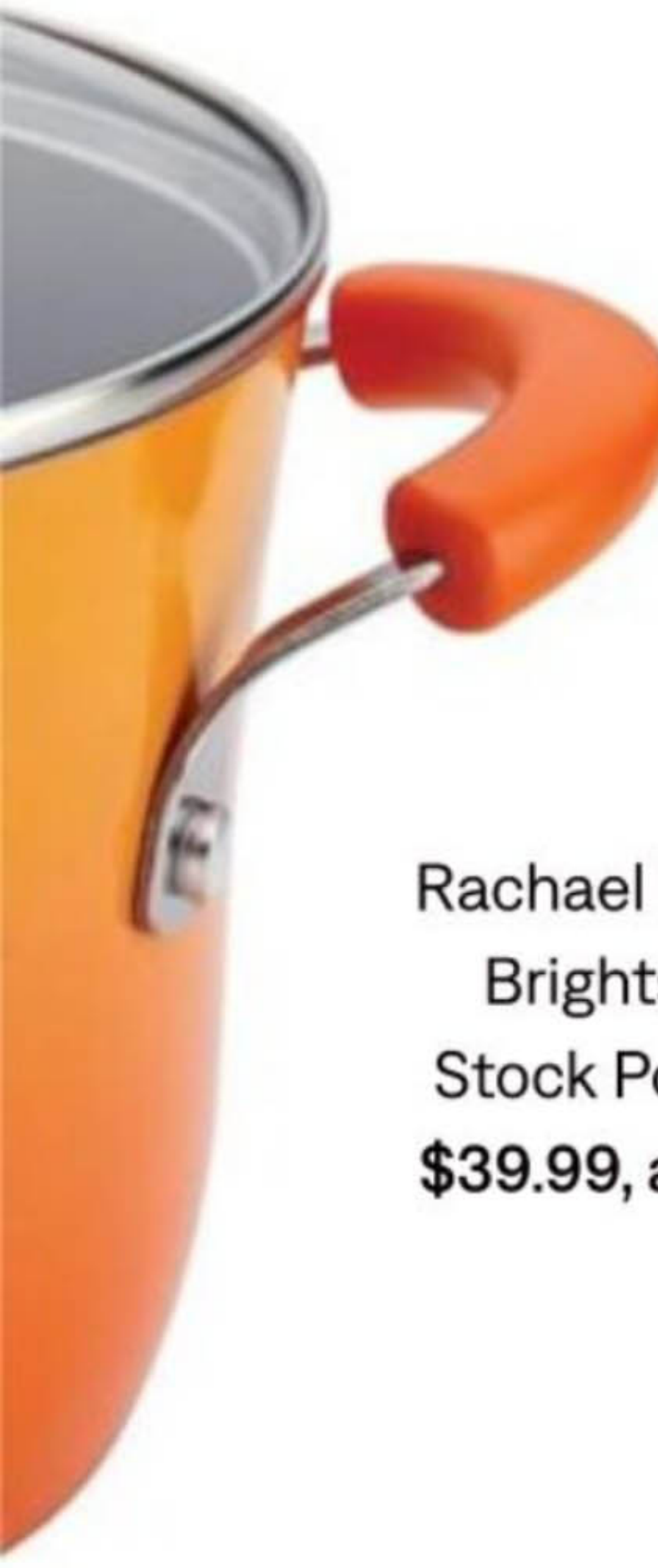


Rachael Ray 6-Quart
Brights Nonstick
Stock Pot in Orange
$39.99, amazon.com

Cr

Cream of Mushroom Soup

Total Time: 1 hour 30 minutes | **Servings:** 4

- ½ ounce dried porcini mushrooms
- 1 cup boiling water
- 3 tablespoons butter
- 1 medium onion, chopped
- 1 small leek, sliced thinly
- 8 ounces button mushrooms, sliced thickly
- ⅓ cup dry white wine
- 3 cups chicken broth
- 1 large potato, chopped coarsely
- 1¼ cups heavy whipping cream
- 2 tablespoons coarsely chopped fresh tarragon

1. Place porcini mushrooms in a small heatproof bowl, cover with a boiling water; let stand for 30 minutes. Drain liquid through a fine sieve into a small bowl; reserve liquid. Coarsely chop porcini.

2. Meanwhile, melt butter in a large saucepan over medium heat; cook onion and leek, stirring, until vegetables soften. Add button mushrooms; cook, stirring, about 10 minutes or until mushrooms soften and liquid evaporates. Add wine; cook, stirring, about 5 minutes or until liquid reduces by half. Add reserved porcini liquid, broth and potato; bring to a boil. Reduce heat; simmer, uncovered, about 10 minutes or until potato is tender. Remove soup from the heat; cool for 15 minutes.

3. Blend or process soup, in batches, until smooth. Return soup to pan; bring to a boil. Add cream; reduce heat, stir over medium heat until soup is hot. Remove from heat; stir in tarragon. Season to taste.

4. Serve soup sprinkled with porcini mushrooms.

This soup is filling and keto friendly.

Creamy Broccoli Cheddar Soup

Total Time: 20 minutes | **Servings:** 4

2 tablespoons butter
¼ cup chopped onion
1 teaspoon minced garlic
2 cups chicken stock
½ teaspoon salt
½ teaspoon ground black pepper
1 cup chopped broccoli
1 tablespoon cream cheese, softened
⅓ cup heavy cream
1 cup shredded Cheddar cheese
Chopped broccoli, shredded carrots and cracked black pepper, for garnish

1. In a Dutch oven, melt butter over medium-high heat. Sauté onion and garlic for 5 minutes.

2. Add the stock, salt, pepper and broccoli, and cook 1 minute. Add the cream cheese, cream and Cheddar cheese; stir until melted.

3. Serve soup and garnish as desired.

Zucchini, Corn & Bacon Soup

Total Time: 40 minutes | **Servings:** 6

1	tablespoon olive oil
3	tablespoons butter
1	medium onion, chopped coarsely
4	bacon slices, chopped coarsely
4	medium zucchini, chopped coarsely
2	(14¾ ounce each) cans creamed corn
1	(8½ ounce) can whole kernel sweet corn, rinsed, drained
4	cups chicken broth
2	cups water
¾	cup evaporated milk

1. Heat oil and butter in a medium saucepan over medium heat; cook onion and bacon, stirring, until onion softens. Add zucchini, creamed corn, sweet corn, broth and the water to pan; cook, covered, stirring occasionally, about 20 minutes.
2. Remove from heat; cool 5 minutes. Stir in evaporated milk; season to taste.

Cream of Chicken Soup

Total Time: 3 hours | **Servings:** 4

1	whole chicken (3½ pounds)
1	medium onion, chopped coarsely
1	medium carrot, chopped coarsely
1	stalk celery, trimmed, chopped coarsely
8	cups water
4	cups chicken broth
3	tablespoons butter
⅓	cup all-purpose flour
2	tablespoons lemon juice
½	cup heavy whipping cream
¼	cup finely chopped fresh parsley

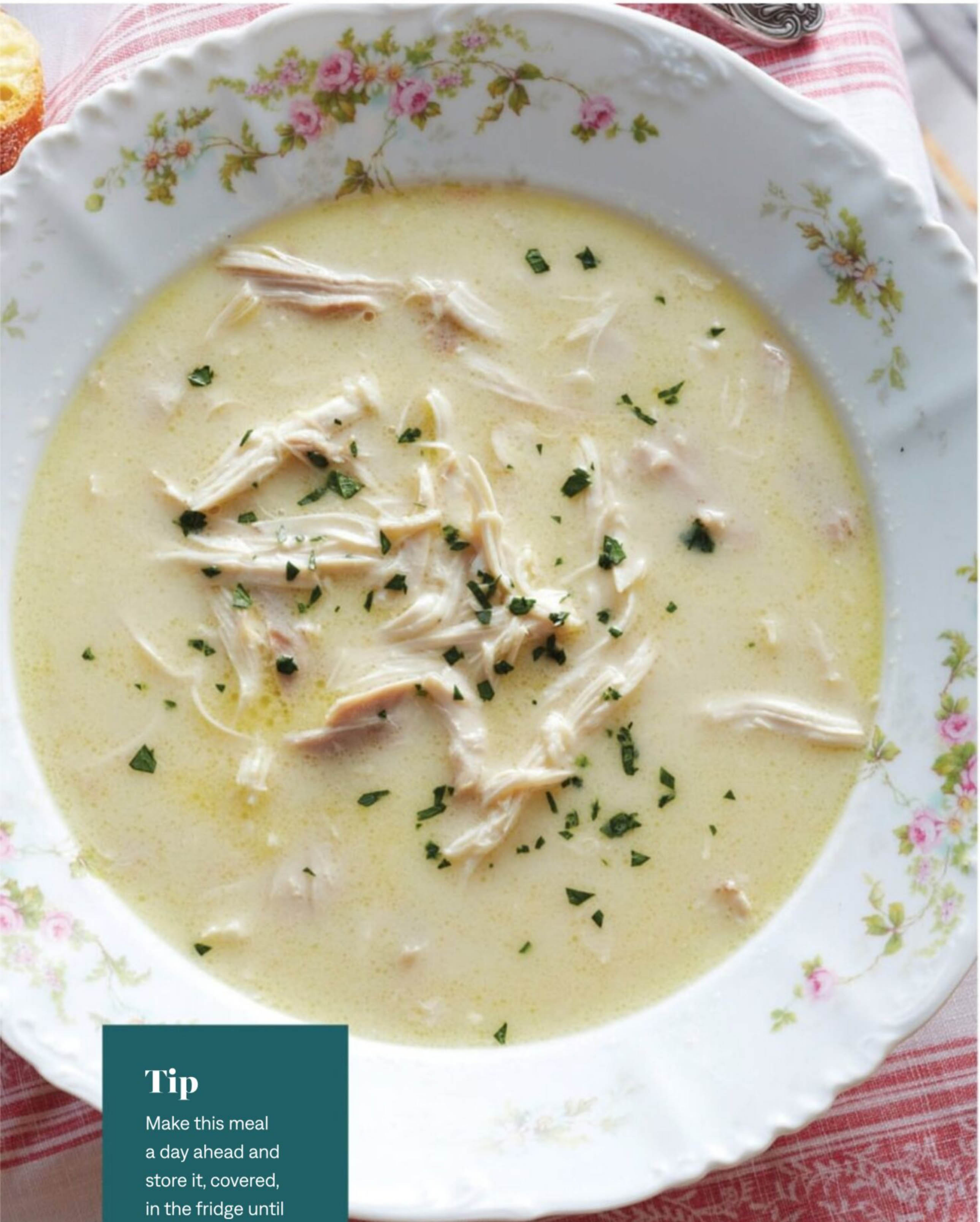
1. Place chicken, onion, carrot and celery in a large saucepan with the water and broth; bring to a boil. Reduce heat; simmer, covered, 1½ hours. Remove chicken from pan; simmer broth, covered, 30 minutes.

2. Strain broth through a cheesecloth-lined sieve or colander into a large heatproof bowl; discard solids.

3. Melt butter in a large saucepan, add flour; cook, stirring, until mixture bubbles and thickens. Gradually stir in broth and juice; bring to a boil. Reduce heat; simmer, uncovered, for 25 minutes or until soup thickens slightly. Remove from heat.

4. Discard skin and bones from chicken; shred meat coarsely. Add chicken and cream to soup; stir over heat, without boiling, until soup is heated through. Season to taste.

5. Sprinkle with parsley before serving.



Tip

Make this meal a day ahead and store it, covered, in the fridge until you're ready to heat and serve.

Smoky Cauliflower Cheese Soup

Total Time: 45 minutes | **Servings:** 4

4	slices bacon
1	head cauliflower, chopped into florets
½	onion, chopped
	Salt and freshly ground black pepper
2	cloves garlic, chopped
3½	cups water
1	cup shredded cheddar cheese
½	cup shredded smoked Gouda
½	cup heavy cream
1	teaspoon smoked paprika
	Sliced scallions, for garnish

1. In a large pot, cook the bacon over medium heat for 8 to 10 minutes until browned and crisp. Transfer the bacon to a paper towel–lined plate and set aside. Drain the bacon grease, reserving 1 tablespoon.

2. In the same pot, add the cauliflower and onion to the reserved bacon grease and cook for 10 minutes, stirring frequently, until the vegetables begin to soften. Season to taste with the salt and pepper. Add the garlic and water, and cook for 10 minutes longer, adjusting the heat, as necessary, to maintain a gentle boil.

3. While the soup is cooking, chop the cooled bacon to use as a garnish.

4. When the vegetables are very soft, remove the pan from the heat. Using an immersion blender, carefully puree the soup until smooth. Stir in the shredded cheeses, cream and paprika, and puree again until smooth. Serve topped with bacon and scallions.

Cream of Asparagus Soup

Total Time: 50 minutes | **Servings:** 6

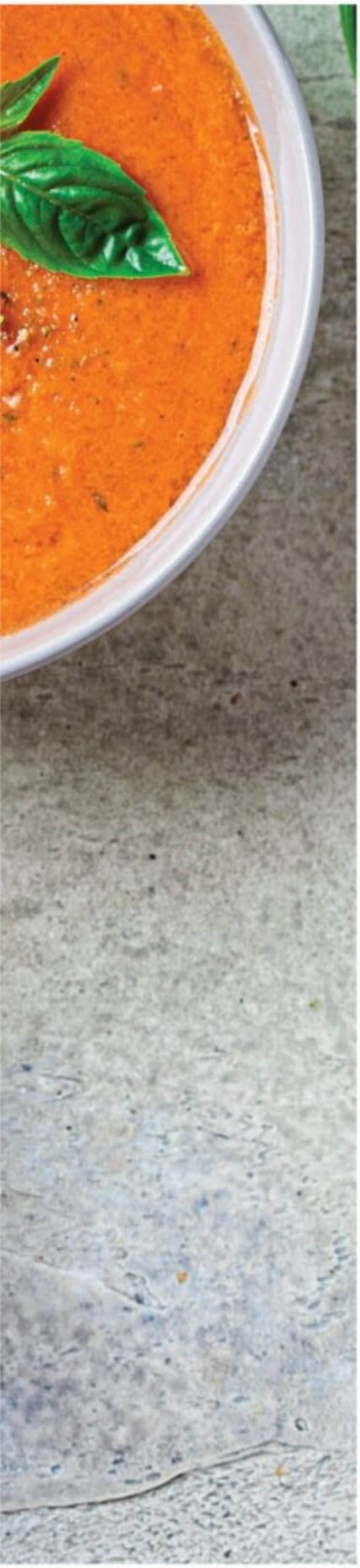
1	pound asparagus, preferably white, trimmed
1	tablespoon butter
2	shallots, chopped (¼ cup)
1	potato, about 7 ounces, peeled, cut into ½ pieces (1¼ cups)
1	(14.5 ounce) can vegetable broth
¼	teaspoon salt
⅛	teaspoon pepper
1	teaspoon grated lemon zest
1	cup half-and-half
	Crushed pink peppercorns or red pepper flakes and parsley

1. For garnish, trim 2-inch-long pieces from tip ends of 6 asparagus. In small pot of salted boiling water, cook tips until just tender, 2 minutes; drain. When cool, halve tips lengthwise; cover and reserve.

2. Cut remaining asparagus into ½-inch pieces. In large pot, melt butter over medium heat. Add shallots; cook, stirring occasionally, until slightly softened, about 1 minute. Add potato pieces, broth, salt, pepper and remaining asparagus pieces. Bring to a boil; reduce heat to low. Cover; cook until tender, 20 minutes. Let asparagus mixture cool slightly; stir in lemon zest. In batches, transfer to blender or food processor and puree until smooth.

3. Return to pot. Stir in half-and-half; over medium-low heat, cook, stirring occasionally, until soup is heated through, about 5 minutes. Serve garnished with reserved asparagus tips and, if desired, peppercorns or pepper flakes and parsley.

4. Let broth cool; strain out the solids. Cover and store in the fridge overnight.



Cream of Tomato Soup

Total Time: 1 hour | **Servings:** 4

4	thick-cut bacon slices, finely chopped
2	tablespoons unsalted butter
4	garlic cloves, finely chopped
1	medium yellow onion, finely chopped
1	medium carrot, finely chopped
3	tablespoons tomato paste
1	tablespoon all-purpose flour
4	cups chicken stock
2	thyme sprigs
1	bay leaf
1	(15 ounce) can whole, peeled tomatoes in juice, crushed by hand
¼	cup heavy cream
	Kosher salt and freshly ground black pepper

1. In a small pot set over medium heat, cook the bacon until its fat renders and the slices become crisp, about 15 minutes.

2. Add the butter, and turn up the heat to medium-high; add the garlic, onion and carrot, and cook, stirring, until the vegetables are soft, about 10 minutes.

3. Add the tomato paste and cook, stirring, until slightly darkened, 3 minutes. Add the flour and cook, stirring until smooth, about 2 minutes more.

4. Add the stock, thyme, bay leaf and tomatoes, and bring to a boil; turn down the heat to medium-low and cook, stirring occasionally, until slightly thickened, about 30 minutes.

5. Remove the soup from heat, transfer to a blender, and puree until smooth. Return the puree to the pot and stir in the cream. Season with salt and black pepper to taste.

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Serve up this season's tastiest soups in style.

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Spoon in Red
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Vegg

ie

Creamy Roasted Garlic Soup

Total Time: 1 hour 30 minutes | **Servings:** 6

- 4 heads of garlic
- 2 tablespoons olive oil, divided
- 1 onion, diced
- 1 carrot, peeled and diced
- 1½ teaspoon fresh thyme leaves, plus more for garnish
- ½ teaspoon turmeric
- ¼ cup white wine
- 5 cups reduced-sodium chicken stock
- 1 cup 2% Greek yogurt, plus more for garnish
- Pinch cayenne
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper, plus more for garnish
- Garlic croutons, for garnish

1. Preheat oven to 350°F. Slice garlic heads in half, drizzle with 1 tablespoon olive oil and wrap them tightly in a tinfoil bundle. Roast at 350°F for 40 minutes, then unwrap and cool. To remove cloves from peels, gently squeeze them. Reserve.
2. In a Dutch oven over medium heat, warm remaining 1 tablespoon oil. Sauté onion and carrot over medium-high heat until soft, about 8–10 minutes. Add reserved garlic pulp, thyme, turmeric and wine. Bring to a boil, then reduce by half, about 3 minutes. Add chicken stock.
3. With an immersion blender, puree until as smooth as possible. Add yogurt and blend again. Stir in cayenne, salt and pepper. Simmer for 30 minutes. If too thick, thin with a splash or two of stock.
4. Garnish with croutons, thyme leaves and a dollop of yogurt, if desired.

Split Pea & Barley Soup

Total Time: 1 hour 25 minutes + overnight soaking | **Servings:** 6

1	cup pearl barley
1	cup green split peas
1	tablespoon extra-virgin olive oil
1	yellow onion, finely chopped
2	garlic cloves, crushed
2	carrots, chopped
2	celery sticks, chopped
2	parsnips, chopped
1	large sweet potato, chopped
1	cup low-sodium chicken broth
11	cups water
	Chopped parsley, to serve
	Freshly ground black pepper

1. Put the barley and peas in separate bowls. Cover each with plenty of cold water. Set aside overnight to soak. Drain and set aside.

2. Heat the oil in a large nonstick saucepan over medium heat. Add the onion, garlic, carrots, celery, parsnips and sweet potato. Cook, stirring often, for 4–5 minutes or until the vegetables soften slightly.

3. Add the broth and water to the pan with the barley and split peas. Cover and bring to a boil over high heat. Reduce the heat to medium and cook, partially covered, for 30–40 minutes or until the barley and split peas are tender, but still hold their shape.

4. Divide the soup into serving bowls. Sprinkle with the parsley and pepper to serve.

French Onion Soup

Total Time: 4 hours 30 minutes | **Servings:** 6

2	tablespoons butter
6	cups thinly sliced onions
1	tablespoon all-purpose flour
6	cups chicken broth, divided
2	tablespoons Worcestershire sauce
1	teaspoon dried thyme
6	(½-inch thick) slices French bread
½	cup shredded Gruyère cheese
	Fresh thyme sprigs

1. In skillet, melt butter over medium-high heat. Add onions; cook, stirring occasionally, until browned, about 12 minutes. Add flour; cook, stirring constantly, 1 minute. Stir in ½ cup broth, scraping up any browned bits from bottom of skillet.

2. Transfer mixture to 4-quart slow cooker. Add Worcestershire sauce, thyme and remaining broth. Cover; cook on high 4 hours.

3. Heat broiler. Line rimmed baking sheet with foil. Arrange bread slices in single layer on foil. Dividing evenly, top with cheese. Broil until cheese is melted, 1–2 minutes.

4. Divide soup among bowls; top with toasts and garnish with thyme sprigs.

Caramelizing onions in butter before adding them to the pot is the secret to jump-starting this boldly flavored soup.

Hot & Sour Soup

Total Time: 10 minutes | **Servings:** 4

2 cups vegetable broth
¼ cup soy sauce
¼ cup rice vinegar
1 tablespoon grated ginger
1 teaspoon garlic chile paste
1 teaspoon ground black pepper
2 tablespoons cornstarch
2 cups chopped cabbage
1 cup sliced mushrooms
1 cup sliced onion
1 cup chopped carrots
1 teaspoon sesame oil
1 teaspoon kosher salt
2 large eggs, beaten
Sesame seeds, cilantro leaves, sliced Thai red chiles, sliced scallions, for garnish

1. In the inner pot of an Instant Pot, stir together 2 cups water, broth, soy sauce, vinegar, ginger, garlic chile paste and pepper.

2. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.

3. When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.

4. In a small bowl, stir together cornstarch and ¼ cup water; pour into Instant Pot. Stir in cabbage, mushrooms, onion, carrots, oil and salt.

5. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes. When time is up, use natural release. Unlock lid. Slowly stir in eggs.

6. Ladle into bowls and garnish as desired.

5. Sprinkle with parsley before serving.

Tip

Try adding a dash of white pepper during the first step to make your Hot and Sour soup a little hotter.

Creamy Broccoli Soup

Total Time: 55 minutes | **Servings:** 4

3	tablespoons avocado oil
1	(6 ounce) potato, peeled and chopped
1	onion, chopped
1	pound broccoli florets, chopped, about 8 cups
4½	cups lower-sodium vegetable broth
½	cup parsley leaves
½	cup cream

1. In large pot or Dutch oven, heat avocado oil, potato and onion over medium heat; cook 8 minutes. Add broccoli florets, vegetable broth, ½ teaspoon salt and ⅛ teaspoon pepper; reduce heat to medium-low. Cover; cook 20 minutes. Garnish with parsley leaves.
2. In batches, puree soup in blender until almost smooth (or use an immersion blender to puree directly in the pot). Return soup to pot.
3. Stir in cream. Cook on low, for about 3–5 minutes.

Hearty Lentil & Veggie Soup

Total Time: 50 minutes | **Servings:** 4

1	tablespoon extra-virgin olive oil
1	medium onion, chopped finely
3	cloves garlic, crushed
2	teaspoons finely grated fresh ginger
1	teaspoon cumin seeds, crushed lightly
1	serrano chile pepper, chopped finely
1	medium carrot, chopped finely
2	trimmed celery stalks, chopped finely
2	fresh bay leaves
3	fresh thyme sprigs, plus extra to serve
1¼	cups dried french-style green lentils, rinsed
¼	cup tomato paste
6	cups chicken broth
1½	tablespoons lemon juice
⅓	cup finely grated Parmesan cheese
1	additional serrano chile pepper, sliced thinly

1. Heat oil in a large saucepan over medium-high heat; cook onion, garlic, ginger, cumin, chile pepper, carrot and celery, stirring, for 10 minutes or until vegetables are softened.

2. Add bay leaves, thyme, lentils, tomato paste and broth, bring to a boil; reduce heat to low. Cook for 20 minutes or until lentils are tender. Stir in juice; season with salt and pepper to taste.

3. Ladle soup into bowls, top with Parmesan cheese and additional chile pepper. Sprinkle with a little extra thyme before serving, if desired.

4. Let broth cool; strain out the solids. Cover and store in the fridge overnight. Reheat before serving.

Carrot, Parsnip & Sweet Potato Soup

Total Time: 8 hours 15 minutes | **Servings:** 6

1	onion, chopped
2	garlic cloves, minced
2	sweet potatoes (1 pound)
2	carrots (4 ounces)
1	parsnip (4 ounces)
2	tablespoons red curry paste
¼	teaspoon salt
4	cups vegetable broth
1	(14.5 ounce) can diced tomatoes with juice
6	tablespoons plain low-fat yogurt
	Microgreens and sliced red chilies, for garnish

1. Place onion and garlic in bottom of 6-quart slow cooker. Peel sweet potatoes, carrots and parsnip; cut into 1-inch pieces. Transfer vegetables to slow cooker and top with curry paste; sprinkle with salt. Add broth, 2 cups water and tomatoes with juice; stir until combined. Cover; cook on low 8 hours or until vegetables are tender. Let cool slightly.

2. In batches, in blender, puree soup until smooth. Transfer soup back to slow cooker; cook on low until heated through, about 15 minutes.

3. Ladle soup into bowls; dollop with yogurt and garnish with microgreens and chilies.

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Chi

Chicken, Barley & Kale Stew

Total Time: 4 hours 40 minutes | **Servings:** 6

3	cups diced mixed vegetables or soup greens, such as carrots, celery and onion
½	cup uncooked barley
2	pounds boneless, skinless chicken thighs, excess fat trimmed
2	(14.5 ounce) cans lower-sodium chicken broth
6	cups chopped stemmed kale
1	tablespoon curry powder
¼	teaspoon salt
¼	teaspoon pepper

1. Coat bottom of 6-quart slow cooker with cooking spray; add mixed vegetables and barley. In small bowl, stir together curry powder, salt and pepper; sprinkle seasoning mixture all over chicken. Nestle chicken on top of mixed vegetables in slow cooker.

2. Pour chicken broth and 1 cup water over vegetables. Cover; cook on low, 4 hours. Stir in kale; cover and cook until kale is tender and chicken is no longer pink in centers, about 15 minutes.

3. Transfer chicken to plate or cutting board; using 2 forks or small knives, shred chicken. Return shredded meat to slow cooker; on low, cover and keep warm until ready to serve.

Chicken & Dumpling Stew

Total Time: 6 hours | **Servings:** 6

3	Yukon Gold potatoes (1 pound)
3	carrots
2	leeks
2	pounds boneless chicken thighs
¼	teaspoon salt
¼	teaspoon pepper
2½	cups lower-sodium chicken broth
¼	cup all-purpose flour
1	teaspoon crushed dried rosemary
1	cup pancake and baking mix, such as Bisquick
2	tablespoons grated Parmesan
⅓	cup milk
½	cup frozen peas, thawed, drained

1. Coat 6-quart slow cooker with cooking spray. Peel potatoes; cut into 8 pieces each. Halve carrots lengthwise; cut diagonally into ¼-inch-wide slices. Trim dark green parts of leeks; discard. Halve leeks lengthwise; cut into ½-inch wide slices. Trim excess fat from chicken thighs; cut into 1½-inch pieces. Sprinkle chicken with salt and pepper.

2. In medium bowl, combine chicken broth, flour and rosemary. Place potatoes, carrots and leeks in bottom of slow cooker. Top with chicken. Pour broth mixture on top. Cover; cook on low 5 hours.

3. In medium bowl, combine baking mix and Parmesan; stir in milk until just combined. Add peas to chicken mixture in slow cooker.

4. Drop dumpling mixture by heaping tablespoons over chicken mixture. Cover; cook on high until dumplings are cooked through and chicken is no longer pink in centers, about 30 minutes.

Italian Chicken Soup

Total Time: 9 hours | **Servings:** 6

1	whole chicken (3¼ pounds)
3	large tomatoes
1	medium onion, chopped coarsely
2	stalks celery, trimmed, chopped coarsely
1	large carrot, chopped coarsely
2	dried bay leaves
4	cloves garlic, halved
6	black peppercorns
8	cups water
½	cup orzo pasta
½	cup coarsely chopped fresh flat-leaf parsley
½	cup coarsely chopped fresh flat-leaf basil
2	tablespoons finely chopped fresh oregano
¼	cup fresh lemon juice

1. Remove and discard as much skin as possible from the chicken. Chop 1 tomato coarsely. Chop remaining tomatoes finely; refrigerate, covered, until required. Place chicken, coarsely chopped tomato, onion, celery, carrot, bay leaves, garlic, peppercorns and the water in a 4- to 5-quart slow cooker. Cook, covered, on low, for 8 hours.

2. Carefully remove chicken from cooker. Strain broth through a fine sieve into a large heatproof bowl; discard solids. Skim and discard any fat from broth. Return broth to cooker; add orzo and finely chopped tomatoes. Cook, covered, on high, for 30 minutes or until orzo is tender.

3. When cool enough to handle, remove meat from bones; discard bones. Shred meat coarsely; add chicken, herbs and juice to soup. Cook, covered, on high, for 5 minutes; season to taste.

Chicken Enchilada Soup

Total Time: 20 minutes | **Servings:** 4

2 boneless, skinless chicken breasts
3 cups chicken broth, divided
½ can enchilada sauce
4 ounces cream cheese, softened
½ cup salsa
1 teaspoon kosher salt
1 teaspoon ground black pepper
1 teaspoon hot sauce
1 tablespoon fresh chopped cilantro
Chopped cilantro leaves, diced avocado, crushed tortilla chips, lime wedges and hot sauce, for garnish

Tip

Use red or green enchilada sauce with the heat level you prefer.

1. In Instant Pot, place chicken and 1 cup broth.

2. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 8 minutes.

3. When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Remove chicken from Instant Pot and place on a cutting board. Shred with two forks; return chicken to Instant Pot.

4. Select Sauté; add remaining broth, enchilada sauce, cream cheese, salsa, salt, pepper, hot sauce and cilantro. Heat for 5 minutes or until warmed through.

5. Ladle into bowls and garnish with chopped cilantro leaves, diced avocado, crushed tortilla chips, lime wedges and hot sauce.

Chicken Pozole Verde

Total Time: 45 minutes | **Servings:** 4

2	tablespoons vegetable oil
2	cups chopped onion
4	cloves garlic, minced
1	tablespoon dried Mexican oregano
2	teaspoons ground cumin
3	(15 ounce) cans hominy, drained
2	pints green tomato salsa verde
7	cups chicken stock
2	cups water
	Salt and freshly ground black pepper
2½	pounds boneless, skinless chicken thighs, cut into 1-inch chunks
	Shredded raw cabbage, sliced radishes, fried tortilla strips and lime wedges, for garnish

1. In a 6-quart pot over medium-high heat, heat oil. Add onion, garlic, oregano and cumin; sauté 5 minutes or until onion has softened.

2. Stir in hominy, salsa, stock and water; bring to a boil, then turn down heat and simmer, uncovered, 5 minutes. Taste; add salt or pepper if desired.

3. Add chicken; return to a boil, then turn down heat and simmer for 15 minutes or until chicken is fully cooked. Divide between bowls and garnish as desired.

Chicken & Corn Chowder

Total Time: 8 hours 45 minutes | **Servings:** 4

1	yellow onion
2	bacon slices
1	stalk celery
3	sprigs fresh thyme
2	fresh bay leaves
2½	pounds frozen shredded chicken
1½	cups frozen corn
1	pound potatoes
5	cups chicken stock
1	cup milk
2	tablespoons cornstarch

1. Chop the onion, bacon, celery, and potatoes into small pieces.

2. Coat a skillet with olive oil and cook the onion, bacon, celery, thyme, and bay leaves, stirring, for 5 minutes or until vegetables soften. Transfer to a slow cooker.

3. Add chicken, corn, potatoes, and stock to the slow cooker. Cover and cook on low for 8 hours.

4. Stir milk and cornstarch in a small bowl until combined and pour into the slow cooker. Turn the heat setting to high. Simmer, uncovered, for 10 minutes or until the chowder thickens.

Thai Coconut & Chicken Soup

Total Time: 5 hours 20 minutes | **Servings:** 4

1½ pounds boneless skinless chicken thighs
8 ounces small button mushrooms
2 stalks lemongrass
1 (1½-inch) piece fresh ginger
6 kaffir lime leaves
1 (4 ounce) jar Thai red curry paste
4 cups chicken stock
1 (13½ ounce) can coconut milk
1 tablespoon fish sauce
1 tablespoon brown sugar
Thai basil and lime wedges, to serve

1. Preheat a 6-quart slow cooker on high.

2. Cut the chicken into 1¼-inch pieces. Halve any larger mushrooms. Flatten the lemongrass stalks with the back of a knife. Peel, then finely grate the ginger. Lightly crush the lime leaves with your hands.

3. Place the lemongrass, ginger, curry paste and lime leaves in the heated cooker. Cook, stirring occasionally, for 5 minutes or until fragrant.

4. Add the chicken and mushrooms and stir until well coated. Add the stock, coconut milk and fish sauce; stir in the brown sugar.

5. Turn the cooker to low and cook, covered, for 5 hours.

6. Serve the soup topped with Thai basil and lime wedges.

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Beef & Vegetable Stew

Total Time: 8 hours 20 minutes | **Servings:** 8

8	ounces mushrooms
4	carrots
1	onion
¼	cup red wine
2	tablespoons tomato paste
1	tablespoon chopped fresh thyme, plus additional sprigs
1½	cups lower-sodium beef broth
3	tablespoons all-purpose flour
¼	teaspoon salt
¼	teaspoon pepper
2	pounds beef stew meat, cut into 1½-inch cubes

1. Slice mushrooms into ½-inch pieces. Halve carrots lengthwise, then cut crosswise into ½-inch pieces. Roughly chop onion.

2. In 6-quart slow cooker, combine mushrooms, carrots, onion, wine, tomato paste and 1 tablespoon chopped thyme. Stir in broth.

3. In large bowl, combine flour, salt and pepper; add stew meat. Toss until beef is evenly coated; place on top of vegetables in slow cooker (alternatively, for more flavor, in skillet, heat 2 tablespoons oil over medium-high; in batches, add beef and cook until browned, then add to slow cooker).

4. Cover; cook on low until beef is very tender, about 8 hours. Transfer to serving bowls. If desired, garnish with additional thyme.

Beef

Beef Dumpling Soup

Total Time: 40 minutes | **Servings:** 4

6	cups water
2	cups beef broth
1	stick lemongrass (4 inches), halved lengthwise
2	fresh kaffir lime leaves
1	tablespoon light soy sauce
1	tablespoon lime juice
1	pound baby bok choy, chopped coarsely
1	cup bean sprouts
1⁄4	cup loosely packed fresh cilantro leaves
1	fresh small red serrano chile, sliced finely

BEEF DUMPLINGS

6	ounces ground beef
1	piece fresh ginger (1 inch), grated coarsely
1	clove garlic, crushed
1	tablespoon finely chopped fresh cilantro
1	tablespoon light soy sauce
1	fresh small red serrano chile, chopped finely
20	wonton wrappers

1. To make beef dumplings, combine beef, ginger, garlic, cilantro, soy sauce, and chile in a bowl. Place rounded teaspoons of the mixture in the center of each wonton wrapper. Brush edges with water; pinch points of wrappers together to enclose completely and seal.

2. Combine the water, broth, lemongrass, and lime leaves in a large saucepan; bring to a boil. Reduce heat; simmer broth, uncovered, 15 minutes. Discard lemongrass and leaves.

3. Return the broth to a boil; add dumplings. Simmer, uncovered, 5 minutes or until dumplings are cooked through.Stir in soy sauce and lime juice. Season to taste.

4. Divide bok choy between bowls; ladle hot broth and dumplings over the top. Serve with bean sprouts, cilantro, and chile.

Beef, Sweet Potato & Kale Stew

Total Time: 2 hours | **Servings:** 8

- 2 pounds beef stew meat, cut into 1-inch pieces
- 2 tablespoons all-purpose flour
- 1 envelope (0.6 ounces) dry au jus-flavored gravy mix
- ½ teaspoon dried thyme
- 2 tablespoons oil
- 1 red onion, sliced
- 2 cans (14.5 ounces each) lower-sodium chicken broth
- 1 can (8 ounces) tomato sauce
- ½ cup minced mixed dried fruit, such as plums, pears, apricots, peaches and apples
- 2 sweet potatoes, about 1½ pounds, peeled, cut into 1-inch pieces
- 4 cups chopped, trimmed fresh kale

1. In bowl, toss beef with flour, dry gravy mix and thyme. In Dutch oven or large pot, heat 1 tablespoon oil over medium heat. Add half of beef; cook, turning, until browned, 5 minutes. With slotted spoon, transfer to bowl. Repeat with remaining beef.

2. In the same pot, heat remaining oil over medium heat; add onion. Cook, stirring, until softened, 5 minutes. Add broth, tomato sauce and 1 cup water; cook, scraping up browned bits from bottom of pot. Add dried fruit, then beef.

3. Reduce heat to medium-low; cover and simmer 30 minutes. Add potatoes; cover and simmer 1 hour, or until meat and vegetables are tender, adding kale during last 10 minutes of cooking time.

Hamburger Soup

Total Time: 30 minutes | **Servings:** 4

1 tablespoon olive oil
1 pound lean ground beef
1 cup chopped onion
3 cups chicken broth
2 large red potatoes, cubed
1¼ cups grated carrots
1 teaspoon kosher salt
½ teaspoon ground black pepper
1 teaspoon garlic powder
1 (12 ounce) can evaporated milk
1 (8 ounces) block Velveeta, cubed
Dill pickle chips, chopped tomatoes and shredded lettuce, for garnish

1. On Instant Pot, select Sauté; add oil. When oil is hot, add beef and onion; cook for 3 minutes. Stir in broth, potatoes, carrots, salt, pepper and garlic powder.

2. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

3. When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Stir in evaporated milk and Velveeta until melted.

4. Ladle into bowls and garnish as desired.

Beef & Bean Chili

Total Time: 45 minutes | **Servings:** 8

2	tablespoons olive oil
2	pounds ground beef
1	large yellow onions, diced (about 1½ cups)
3	garlic cloves, coarsely chopped
3	tablespoons chili powder
1	tablespoon ground cumin
1	tablespoon dried oregano
1½	teaspoons kosher salt, plus more to taste
½	teaspoon fresh cracked black pepper
½	teaspoon cayenne pepper
2½	cups water or chicken broth
1	(28 ounce) can crushed tomatoes
1	(8 ounce) can tomato sauce
2	(15 ounce) cans red kidney beans
	Grated cheddar cheese, sour cream and chopped scallions for serving

1. In a large Dutch oven, heat olive oil over medium-high heat. Add beef and break apart with a wooden spoon until cooked through, about 5 minutes.

2. Place a lid on the pot and drain off all but about 2 tablespoons of fat. If the Dutch oven is too heavy to lift with a lid, transfer the meat to a bowl, pour off the fat from the pan, and return the meat to the pan.

3. Add onions and stir over medium-low heat until soft, 6-8 minutes. Add garlic and cook for 2 minutes more. Add all of the spices and stir to combine.

4. Stir in water or broth and scrape the bottom of the pan, bringing up any browned bits. Stir in the tomatoes, tomato sauce and beans. Cook uncovered, stirring occasionally, over low heat for 30 minutes. Serve with grated cheese, sour cream and chopped scallions.

Beef & Barley Soup

Total Time: 5 hours 30 minutes | **Servings:** 6

1½	pounds beef stew meat, cut into ¾-inch pieces
¼	teaspoon salt
¼	teaspoon pepper
2	carrots, cut into ½-inch pieces
1	parsnip, cut into ½-inch pieces
1	cup (½-inch) diced butternut squash
8	cups lower-sodium beef broth
1	teaspoon dried thyme
½	cup pearl barley
½	cup frozen peas, thawed
	Fresh thyme sprigs, for garnish

1. In a nonstick skillet, heat oil over medium-high heat. Season beef with salt and pepper; in two batches, cook, flipping occasionally, until browned all over, about 5 minutes per batch. Remove from heat.

2. Place carrots, parsnips and squash at bottom of a 6-quart slow cooker. Top with beef. In a large bowl, combine broth and thyme. Pour on top. Cover; cook on low 4 hours.

3. Stir in barley. Cover; cook until barley and beef are tender, about 1 hour, adding peas during the last 15 minutes of cooking time. If desired, garnish with fresh thyme sprigs.

Philly Cheesesteak Soup

Total Time: 8 hours | **Servings:** 8

2 pounds boneless sirloin steak, cubed
Fine sea salt and ground black pepper
¼ cup (½ stick) unsalted butter, divided
1 cup chopped onions
3 garlic cloves, minced
6 cups beef bone broth, divided
1 green bell pepper, thinly sliced
¼ teaspoon cayenne pepper
1 (8 ounce) package cream cheese, softened
1 cup shredded provolone cheese, for garnish

1. Season the steak generously on all sides with salt and pepper. In a large skillet over medium-high heat, heat 2 tablespoons of the butter. Add the onions and garlic and cook until soft, 3 to 5 minutes. Transfer the mixture to a slow cooker.
2. Add the steak to the skillet and sear on all sides until dark golden brown, adding more butter if needed. Transfer the meat to the slow cooker.
3. Add 5 cups beef broth, the bell pepper and the cayenne pepper to the slow cooker. Cover and cook on low for 6 to 8 hours. Shred the meat.
4. A few minutes before serving, place the cream cheese and remaining broth in a blender, puree until smooth, and add to the slow cooker. Stir to combine and turn the heat up to high. Continue to cook, covered, until warmed through.
5. Ladle the soup into bowls and top with shredded provolone cheese.

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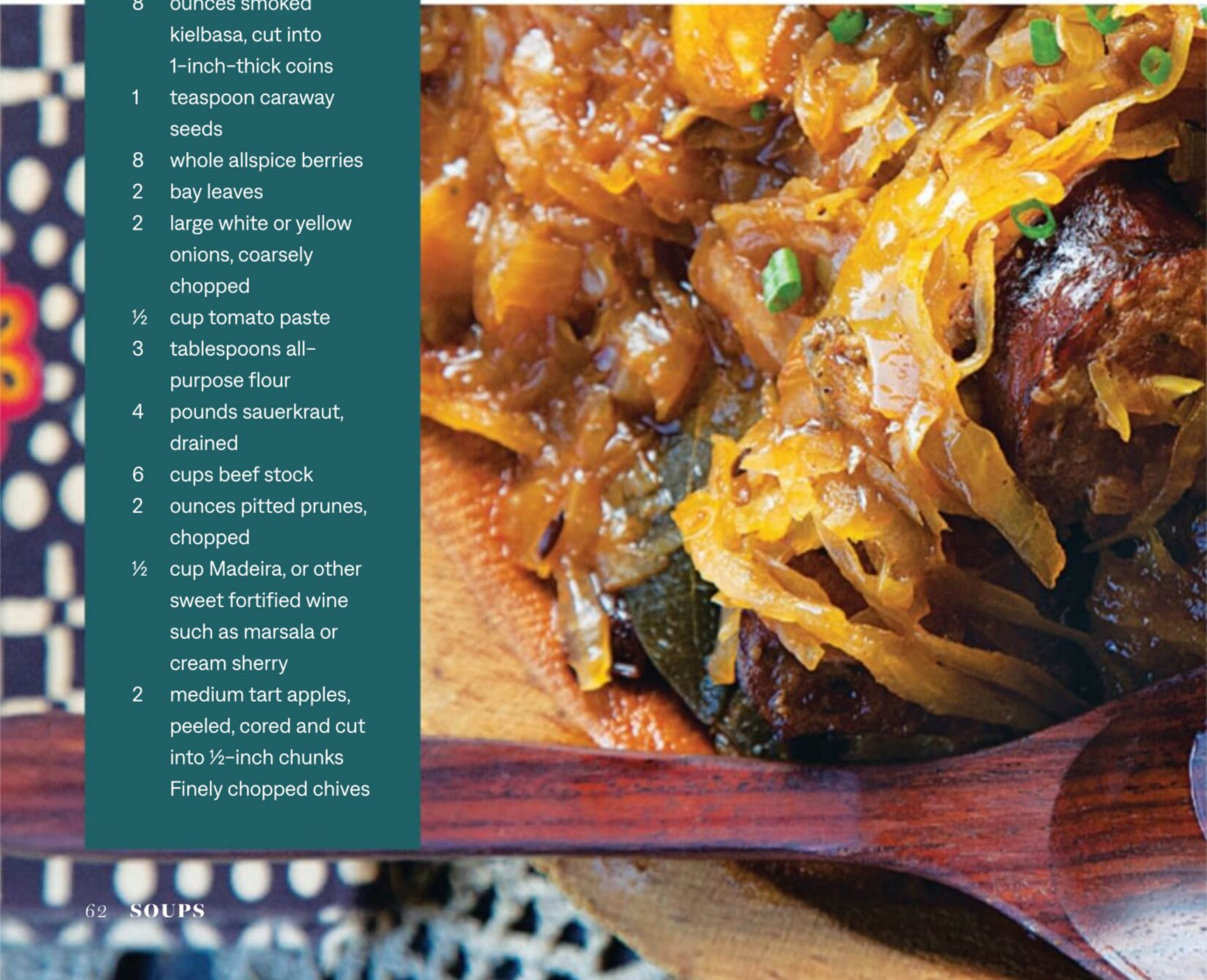
Polish Pork & Sauerkraut Stew

Total Time: 3 hours | **Servings:** 8

¼	ounces dried porcini mushrooms (½ cup, loosely packed)
4	ounces bacon, cut into ½-inch pieces
1	pound trimmed boneless pork shoulder, cut into 1-inch chunks
	Kosher salt and freshly ground black pepper
8	ounces smoked kielbasa, cut into 1-inch-thick coins
1	teaspoon caraway seeds
8	whole allspice berries
2	bay leaves
2	large white or yellow onions, coarsely chopped
½	cup tomato paste
3	tablespoons all-purpose flour
4	pounds sauerkraut, drained
6	cups beef stock
2	ounces pitted prunes, chopped
½	cup Madeira, or other sweet fortified wine such as marsala or cream sherry
2	medium tart apples, peeled, cored and cut into ½-inch chunks
	Finely chopped chives

1. In a small bowl, cover the mushrooms with 1½ cups of boiling water. Set aside to rehydrate, about 1 hour, then use a slotted spoon to transfer them to a cutting board and coarsely chop. Slowly pour the soaking liquid into another bowl, leaving any sediment in the bottom of the first bowl; set aside.
2. To a large Dutch oven set over medium heat, add the bacon and cook until crisp, about 12 minutes. Use a slotted spoon to transfer it to a baking sheet. Season the pork generously with salt and black pepper and turn the heat to medium-high. Fry the pork in batches, stirring occasionally, until browned all over, about



8 minutes, then transfer it to the baking sheet.

3. To the empty Dutch oven, add the kielbasa and cook until browned, about 6 minutes, then transfer it to the baking sheet.

4. To the empty Dutch oven, add the caraway, allspice, bay leaves and onions, and cook, scraping up the browned bits from the bottom of the pot, until the onions are soft and golden, about 10 minutes. Add the tomato paste and cook, stirring frequently, until beginning to brown, about 8 minutes. Add the flour and cook, stirring frequently, until no white remains, about 2 minutes. Add the sauerkraut, and cook, stirring frequently, until slightly wilted, about 3 minutes.

5. Return meat to the pot along with the reserved mushrooms and their soaking liquid, then add the stock, prunes and wine. When the liquid boils, turn the heat to medium-low, cover and cook, stirring occasionally, for 30 minutes.

6. Season with salt and black pepper to taste, add the apples and cook, covered, until the pork is tender, about 30 minutes. To serve, ladle the stew into serving bowls and garnish with chives.

Pork

Tuscan White Bean Soup

Total Time: 2 hours + overnight soaking | **Servings:** 6

1	pound dried white cannellini beans
	Olive oil
4	ounces (¼-inch) diced pancetta
2	cups chopped leeks, white and light green parts (2 leeks)
2	cups chopped yellow onions (2 onions)
2	cups (½-inch) diced carrots, scrubbed (3–5 carrots)
2	cups (½-inch) diced celery (4 ribs)
2	tablespoons minced garlic (6 cloves)
2	teaspoons minced fresh rosemary
8–10	cups chicken stock
2	bay leaves
	Kosher salt and freshly ground black pepper
	Freshly grated Parmesan cheese, for serving

1. Place the beans in a large bowl and add enough cold water to cover them by 2 inches. Refrigerate for at least 8 hours or overnight. Drain the beans, rinse under cold running water, and drain again. Set aside.

2. In a medium (10 inch) pot or Dutch oven, heat ¼ cup of olive oil over medium heat. Add the pancetta and sauté for 4–5 minutes, until browned. Add the leeks, onions, carrots, celery, garlic and rosemary, and cook over medium-low for 10 minutes, stirring occasionally, until the vegetables are tender.

3. Add the beans, chicken stock, bay leaves, 1 tablespoon salt and 1 teaspoon pepper to the pot and bring to a boil. Lower the heat and simmer, partially covered, for 1 hour and 30 minutes, until the beans are very tender. Stir occasionally, scraping the bottom of the pot, to prevent burning. Discard the bay leaves, cover the pot, and allow the soup to sit off the heat for 15 minutes. Reheat, if necessary.

4. Ladle into large shallow soup bowls, sprinkle with Parmesan cheese, drizzle with olive oil, and serve hot. The soup will thicken as it stands. Reheat gently over medium heat, adding water as needed to achieve your preferred consistency.

Bacon & Potato Soup

Total Time: 45 minutes | **Servings:** 6

6	bacon slices, chopped coarsely
4	cloves garlic, crushed
2	pounds potatoes, chopped coarsely
2	cups water
1	cup chicken broth
1¼	cups sour cream
¼	cup finely chopped fresh flat-leaf parsley

1. Cook bacon and garlic in a heated greased large saucepan over medium heat, stirring, until bacon is crisp. Add potatoes, water and broth; bring to a boil. Reduce heat; simmer, covered, 10 minutes until potatoes are tender.

2. Add sour cream; stir until just heated through. Stir in the parsley. Season to taste. Serve soup topped with additional flat-leaf parsley leaves.

Kielbasa, White Bean & Kale Soup

Total Time: 5 hours 40 minutes | **Servings:** 6

1	(13 ounce) package kielbasa
2	carrots
2	ribs celery
1	onion
6	cups lower-sodium chicken broth
2	tablespoons Dijon mustard
8	cups chopped kale
1	(15.5 ounce) can cannellini beans, rinsed, drained

Tip

Cannellini beans and kielbasa combine to give this dish a double dose of protein.

1. Slice kielbasa into ¼-inch-thick rounds; transfer to medium bowl. Cover; chill until ready to use. Dice carrots and celery; finely chop onion. Place vegetables in the bottom of a 4-quart slow cooker. Stir in chicken broth and mustard. Cover; cook on high until vegetables are tender, about 4 hours.

2. Add kielbasa. Cover; cook on high for 1 hour. Add kale; cook for 10 minutes. Turn off slow cooker. Stir in cannellini beans and ¼ teaspoon pepper. Let stand until heated through, 10 minutes. If desired, serve with grated Parmesan.

Italian Tomato Soup With Meatballs

Total Time: 40 minutes | **Servings:** 6

1½	pounds ground pork
4	ounces (2 cups) baby bella mushrooms, finely chopped
¼	cup grated Parmesan cheese
¼	cup Italian-style dry breadcrumbs
1	egg
1	clove garlic, minced
3	teaspoons fennel seeds, finely crushed, divided
1	teaspoon salt
¼	teaspoon pepper
1	(23 ounce) jar roasted garlic marinara pasta sauce with vegetables
2½	cups low-sodium chicken broth

1. Heat oven to 425°F. Generously coat a large rimmed baking sheet with cooking spray. In a large bowl, gently stir together ground beef, mushrooms, cheese, breadcrumbs, egg, garlic, 1 teaspoon of fennel seeds, salt and pepper until just combined. Shape into 24 meatballs; place on baking sheet. Bake for 12 minutes or until meatballs are no longer pink in center.

2. Meanwhile, in a large pot, combine marinara, broth and remaining fennel seeds over medium-high heat. Bring to a boil; reduce heat to medium-low. Cook for 10 minutes more, stirring occasionally and adding meatballs during the last 3 minutes of cooking time. Serve hot.

White Bean & Chorizo Soup

Total Time: 1 hour 15 minutes + standing | **Servings:** 4

1½	cups dried white beans
6	cups water
¼	cup olive oil, divided
4	cloves garlic, crushed
⅓	cup coarsely chopped fresh flat-leaf parsley
1	cured chorizo sausage, halved lengthwise, sliced thinly

1. Place beans in a medium bowl, cover with cold water; stand overnight. Rinse under cold water; drain.
2. Place beans and the water in a large saucepan; simmer, covered, 50 minutes or until tender. Reserve 3 cups cooking liquid; drain beans. Let stand for 10 minutes. Blend beans and reserved cooking liquid until smooth.
3. Heat 2 tablespoons of the oil in cleaned saucepan; stir in garlic, half the parsley and pureed white beans. Simmer, uncovered, 5 minutes. Season to taste.
4. Meanwhile, heat remaining oil in a large frying pan; cook chorizo until browned and crisp.
5. Top soup with chorizo and remaining parsley to serve; drizzle with a little of the chorizo cooking oil.

Sausage & Peppers Soup

Total Time: 6 hours 30 minutes | **Servings:** 6

1 pound sweet Italian sausage
1 onion, chopped
2 teaspoons fennel seeds
4 cups low-sodium tomato juice
2 red and/or green peppers, diced
¾ teaspoon salt
½ teaspoon garlic powder
¼ teaspoon pepper
1½ cups cooked orzo pasta
Shredded Parmesan and fresh basil, for garnish

1. Coat a 12-inch nonstick skillet with cooking spray; heat over medium heat. Add sausage; cook, rotating, until browned all over, 5–7 minutes; transfer to plate. In same skillet, add onion; cook, stirring, until softened, 7–8 minutes. Crush fennel seeds.

2. In a 6-quart slow cooker, mix tomato juice, 2 cups water, peppers, onion, fennel seeds, salt, garlic powder and pepper. Add sausage, pushing down into liquid. Cover; cook on low until sausage is cooked through and vegetables are tender, 6 hours.

3. Transfer sausage to cutting board; slice into ⅓-inch rounds. Stir orzo and sausage into soup; cook until heated. If desired, top with Parmesan and basil.

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Italian Seafood Soup

Total Time: 45 minutes | **Servings:** 4

1	tablespoon olive oil
1	medium onion, chopped finely
3	cloves garlic, crushed
1	(24 ounce) jar marinara sauce
1½	cups fish stock
½	cup dry white wine
2	strips lemon rind
1¼	pounds uncooked large shrimp
1¼	pounds firm whitefish fillets
9½	ounces fresh clams, scrubbed
12	sea scallops
¼	cup finely shredded fresh basil
¼	cup coarsely chopped fresh flat-leaf parsley

1. Heat oil in a large saucepan over medium heat; cook onion and garlic, stirring, for 5 minutes or until onion softens. Add pasta sauce, stock, wine and rind; bring to a boil. Reduce heat; simmer, covered, 20 minutes.

2. Meanwhile, shell and devein the shrimp, leaving tails intact. Cut fish into ¾-inch pieces.

3. Add clams to pan; cook, covered, for 5 minutes. Add shrimp, fish and scallops to pan; cook, covered, stirring occasionally, 5 minutes or until seafood just changes color. Stir in herbs; season to taste.

Sea

food

Shrimp & Miso Soup

Total Time: 15 minutes | **Servings:** 4

6½	ounces soba noodles
6	ounces instant miso soup
13	ounces uncooked shelled medium shrimp
½	cup baby spinach leaves
3	scallions, thinly sliced
1	fresh long red chili pepper, thinly sliced

1. Cook the noodles in a large saucepan of boiling water, following package directions, until just tender; drain.

2. Meanwhile, combine the instant miso soup and 6 cups water in a large saucepan; bring to a boil. Add the shrimp and cook until they turn pink.

3. Stir in the spinach, scallions, chili pepper and noodles. Serve immediately.

Lobster Bisque

Total Time: 30 minutes | **Servings:** 4

2	tablespoons butter
2	tablespoons chopped shallot
1	teaspoon chopped garlic
1	cup chopped carrots
½	cup chopped celery
1	(28 ounce) can crushed tomatoes
1	(32 ounce) carton seafood broth
1	tablespoon Old Bay seasoning
1	teaspoon ground black pepper
2	cups frozen lobster meat
1	pint heavy cream
	Thyme sprigs and cracked black pepper, for garnish

1. On Instant Pot, select Sauté; add butter. When butter is hot, add shallots and garlic; cook for 3 minutes or until translucent. Stir in carrots, celery, tomatoes, broth, Old Bay seasoning, pepper and lobster.

2. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

3. When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4. Using an immersion blender, puree soup. Stir in cream. Ladle into bowls and garnish as desired.

Creamy Scallop Soup

Total Time: 1 hour + cooling | **Servings:** 4

3 tablespoons butter, divided
4 shallots, chopped finely
2 cloves garlic, crushed
3 cups water
3 cups fish stock
¼ cup dry white wine
2 medium potatoes, chopped coarsely
1 tablespoon all-purpose flour
½ cup heavy whipping cream
11 ounces sea scallops
1 tablespoon finely chopped fresh chives

CARAMELIZED LEEKS

1½ tablespoons butter
1 large leek, sliced thinly
1 tablespoon white sugar
¼ cup dry white wine

1. Melt half the butter in a large saucepan over medium heat; cook shallots and garlic, stirring, until softened. Add the water, stock, wine and potatoes; bring to a boil. Reduce heat; simmer, uncovered, about 15 minutes or until potatoes are tender. Remove from heat, cool 15 minutes.
2. Meanwhile, make caramelized leeks. Melt butter in a medium saucepan over medium heat; cook leeks, stirring, about 5 minutes or until softened. Add sugar and wine, reduce heat to low; cook, stirring, about 15 minutes or until leek is caramelized.
3. Using the back of a teaspoon, work the remaining butter into the flour in a small bowl.
4. Blend or process soup, in batches, until smooth. Return soup to pan; add flour mixture. Return to a boil, stirring, then remove from heat. Stir in cream and scallops; let stand, covered, 3 minutes. Season to taste.
5. Serve soup sprinkled with leeks and chives.

Tip

Use a potato variety that holds its shape after boiling. Russets work well.

Chunky Fish Chowder

Total Time: 40 minutes | **Servings:** 4

1	tablespoon olive oil
2	thick bacon slices, chopped coarsely
1	medium onion, chopped finely
2	stalks celery, trimmed, chopped finely
2	cloves garlic, crushed
1	tablespoon all-purpose flour
1	cup milk, warmed
1¼	pounds fingerling potatoes, sliced thickly
2	cups fish stock
1	cup water
1¼	pounds whitefish fillets, cut into 1-inch pieces
½	cup coarsely chopped fresh flat-leaf parsley
1	teaspoon lemon zest

1. Heat oil in a large saucepan over medium heat; cook bacon, stirring, until crisp. Add onion, celery and garlic; cook, stirring, until onion is soft.

2. Add flour to pan; cook, stirring, until mixture bubbles and thickens. Gradually stir in warmed milk. Add potatoes, stock and the water; bring to a boil, stirring. Reduce heat; simmer, uncovered, about 10 minutes or until potatoes are tender.

3. Add the fish to soup; heat, stirring occasionally, until fish is cooked. Remove from heat; stir in parsley and zest, season to taste.

Seafood Stew

Total Time: 1 hour | **Servings:** 6

2 tablespoons olive oil
1 fennel bulb, chopped, reserve fronds for garnish
1 small onion, peeled and chopped
5 cloves garlic, thinly sliced
½ teaspoon red pepper flakes, plus more for garnish
2 tablespoons tomato paste
1 (28 ounce) can no-salt-added diced tomatoes
1½ cups white wine
1 bay leaf
1 pinch saffron threads
¾ teaspoon kosher salt
¼ teaspoon ground black pepper
1 pound Manila clams, scrubbed
1 pound mussels, scrubbed
1 pound shrimp, peeled and deveined
1 pound firm whitefish, such as cod or halibut, cubed
¼ cup chopped fresh parsley

1. In a large Dutch oven over medium-high heat, warm the oil. Sauté fennel and onion until softened, about 8–10 minutes. Add garlic, red pepper flakes and tomato paste, and cook 2 minutes more. Stir in tomatoes with their juices, wine, bay leaf, saffron, salt and pepper. Cover and reduce heat to low to simmer for 20 minutes, stirring occasionally.

2. Add clams and mussels, cover and cook for 5 minutes. Add shrimp and fish, cover and cook 5 minutes more or until clams and mussels have opened (discard any that do not). Remove bay leaf. Stir in parsley and serve immediately. Garnish with fennel fronds, if desired.

Tomato & Chile Fish Soup

Total Time: 35 minutes | **Servings:** 4

6 cups vegetable broth
2 tablespoons fish sauce
2 tablespoons firmly packed brown sugar
2 cloves garlic, sliced thinly
2 stalks fresh lemongrass, bruised
4 red shallots, sliced thinly
1¼ pounds firm whitefish fillets, cut into ¾-inch cubes
3 medium vine-ripened tomatoes, cut into thin wedges
2 fresh long red chiles, sliced thinly
1 tablespoon lime juice
3 ounces bean sprouts
½ cup loosely packed fresh mint leaves
½ cup loosely packed fresh cilantro leaves

1. Combine broth, sauce, sugar, garlic, lemongrass and shallots in a large saucepan; bring to a boil. Reduce heat to low; simmer, uncovered, for 20 minutes.

2. Add fish, tomatoes and chiles; cook for 2 minutes or until fish is just cooked through. Stir in lime juice. Discard lemongrass. Season to taste.
3. Divide soup between bowls. Top with bean sprouts and herbs.

Fish will continue to cook in the hot broth, so don't overcook it in step 2. Add noodles to soup for a more hearty meal.

Storage Containers

that'll save your soups

Too much soup is never a bad thing, which is why you'll want to have some of these handy soup savers around!

Thousandaynight Ceramic Bowls With Lids in Blue, Set of 3
$26.99, amazon.com

Adewnest Ceramic Microwave & Oven-Safe Serving Bowls With Lids, Set of 4
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Luxshiny Microwave & Dishwasher-Safe Bowls With Lids, Set of 3
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Noo

Minestrone With Wheat Pasta

Total Time: 35 minutes **Servings:** 4

- 1 tablespoon extra-virgin olive oil
- 1 medium fennel bulb, chopped coarsely
- 1 large onion, chopped coarsely
- 2 trimmed sticks celery, chopped coarsely
- 1 medium carrot, chopped coarsely
- 2 cloves garlic, crushed
- 2 sprigs fresh thyme
- 1 can (14.5 ounces) no-salt-added diced tomatoes
- 3 ounces dry whole wheat spiral pasta
- 1 (15.5 ounce) can kidney beans, drained, rinsed
- 5½ ounces black kale (Tuscan kale), trimmed, chopped coarsely
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh thyme leaves

1. Heat oil in a large saucepan over medium heat. Cook fennel, onion, celery and carrot, stirring occasionally, for 7 minutes or until onion is soft.

2. Add garlic and thyme sprigs to pan; cook, stirring, for 2 minutes. Add tomatoes, pasta and 5 cups water; bring to a boil. Reduce heat to low; simmer for 10 minutes. Remove thyme sprigs.

3. Add beans and kale; simmer for 2 minutes or until kale is just wilted. Season with pepper. Top with cheese and thyme leaves to serve.

dles

Homestyle Chicken Noodle Soup

Total Time: 25 minutes | **Servings:** 4

- 1 teaspoon canola oil
- 1 medium onion, chopped
- 2 tablespoons sweet vermouth, optional
- 2 medium carrots, cut into rounds
- 2 medium ribs celery, chopped
- 2 teaspoons minced garlic
- 1 teaspoon dried oregano
- 2 (14.5 ounces each) cans reduced-sodium chicken broth
- 1 cup dry bow tie pasta
- 1¾ cups shredded cooked chicken breast
- 2 cups fresh spinach
- Grated Parmesan cheese, for garnish

1. Heat oil in large soup pot over medium-high heat. Add onion; cook 5 minutes or until translucent and begins to brown. Add vermouth, if using, and stir to scrape caramelized bits from bottom of pot. Add carrots, celery, garlic and oregano; cook 2 minutes. Add chicken broth and ½ cup water; simmer 5 minutes.

2. Add pasta; cook 8 minutes. Gently stir in chicken and spinach; simmer 2–3 minutes or until chicken is warm and spinach wilted. Ladle into bowls and garnish with cheese, if desired.

Pasta e Fagioli Soup

Total Time: 1 hour | **Servings:** 6

2	tablespoons olive oil
2	ribs celery with leaves, chopped
1	small onion, chopped
4	ounces pancetta or bacon, chopped
2	cloves garlic, minced
1	(28 ounce) can crushed tomatoes with basil
2	(15 ounce each) cans cannelloni beans, rinsed, drained
1	(14.5 ounce) can lower-sodium chicken broth
¼	teaspoon pepper
½	cup ditalini pasta
	Grated Parmesan cheese, for garnish

1. In a pot, heat oil over medium-low heat; add celery, onion, pancetta and garlic. Cook, stirring occasionally, until vegetables are softened, about 7 minutes.
2. Stir in tomatoes with their juices; simmer for 2 minutes. Stir in beans, broth and pepper; over high heat, bring to a boil. Reduce heat to low; simmer, stirring occasionally, until slightly thickened, 35 minutes.
3. Stir in pasta; cook until tender, 10 minutes. Serve sprinkled with cheese.

Pork Ramen Soup

Total Time: 25 minutes | **Servings:** 4

1 tablespoon dark sesame oil
1 pound package ground pork
1 (32 ounce) carton mushroom stock
2 tablespoons soy sauce
2 tablespoons rice wine vinegar
1 tablespoon garlic chili paste
1 tablespoon Chinese five-spice powder
½ teaspoon ground black pepper
2 packs ramen noodles, seasoning packets discarded
Microgreens, soft-boiled eggs, matchstick carrots and black sesame seeds, for garnish

1. On Instant Pot, select Sauté; add oil. When oil is hot, add pork and cook for 5 minutes. Add stock, soy sauce, rice wine vinegar, garlic chili paste, Chinese five-spice powder and pepper.

2. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

3. When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4. Select Sauté; stir in ramen. Cook for 5 minutes or until ramen is done. Ladle into bowls and garnish as desired.

Mac 'n' Cheese Soup

Total Time: 40 minutes | **Servings:** 6

1 cup elbow macaroni (4 ounces)
3 tablespoons butter, at room temperature
½ small onion, chopped (½ cup)
2 (10.75 ounce each) cans condensed Cheddar cheese soup
1 (14.5 ounce) can lower-sodium chicken broth
1 teaspoon mustard powder
¼ teaspoon cracked pepper
1 (8 ounce) package finely shredded Cheddar cheese (2 cups)
1 cup milk
1 teaspoon Worcestershire sauce
6 slices (½-inch thick) crusty French or Italian bread

1. Cook macaroni according to package directions until almost tender; drain.

2. In the same pot, melt 2 tablespoons of butter over medium-high heat. Add onion; cook, stirring occasionally, until just tender, 3-4 minutes.

3. Whisk in undiluted soup, broth, 1½ cups water, mustard and pepper. Bring to a boil; reduce heat to medium. Stir in 1¾ cups of cheese until melted. Stir in milk, Worcestershire and reserved pasta; heat through.

4. Position broiler rack so that top of bread on baking sheet will be 4 inches from heat source; preheat broiler. Spread remaining butter over tops of bread slices. Place on ungreased baking sheet; sprinkle with remaining cheese. Broil until cheese is melted, 1-2 minutes. Divide soup among 6 bowls; top with toasts.

Greek Chicken Soup With Orzo

Total Time: 30 minutes | **Servings:** 6

1	cup uncooked orzo pasta
4	eggs
¼	cup lemon juice
1	tablespoon canola oil
½	cup chopped onion
4	(14.5 ounce each) cans lower-sodium chicken broth
2	tablespoons grated lemon zest
2	teaspoons fennel seeds, crushed
1	teaspoon salt
½	teaspoon pepper
1	(6 ounce) package baby spinach leaves
1	cup shredded cooked chicken

1. Cook pasta according to package directions; drain. In large bowl, whisk together eggs and juice.

2. In large pot, heat oil over medium heat. Add onion; cook, stirring often, until softened, 3 minutes. Add broth, zest, fennel, salt and pepper. Bring to a boil. Reduce heat to low; simmer 5 minutes.

3. Increase heat to medium. Whisking constantly, in a steady stream pour about half of broth into egg mixture. Return to pot; cook, stirring, until slightly thickened, about 10 minutes. Do not boil. Add spinach; cook until wilted, 3 minutes. Stir in chicken and orzo; cook until heated through, 2 minutes.

Ham & Cheese Tortellini Broth

Total Time: 5 hours 40 minutes | **Servings:** 4

3	cloves garlic, crushed
1	medium onion, sliced thinly
1	(12.5 ounce) piece smoked ham
2	tablespoons tomato paste
4	cups chicken stock
3	cups water
1	(14.5 ounce) can diced tomatoes
6½	ounces frozen green peas
9½	ounces ham and cheese tortellini
¼	small white cabbage, shredded finely
⅓	cup shaved Parmesan

1. Place garlic, onion, ham, tomato paste, stock, the water and canned tomatoes in a 5- or 6-quart slow cooker. Cook, covered, on low for 5 hours. Season.

2. Remove ham from slow cooker, then shred meat coarsely using two forks. Return to cooker with peas. Cook, covered, on high for 10 minutes or until peas are tender.

3. Meanwhile, cook tortellini in a large saucepan of boiling salted water until just tender; drain. Divide among bowls.

4. Ladle broth over tortellini. Serve topped with cabbage and Parmesan.

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so you’re always satisfied

Whatever your day has in store for you, one thing’s certain: a cozy cup of soup on the go will make any journey more enjoyable.

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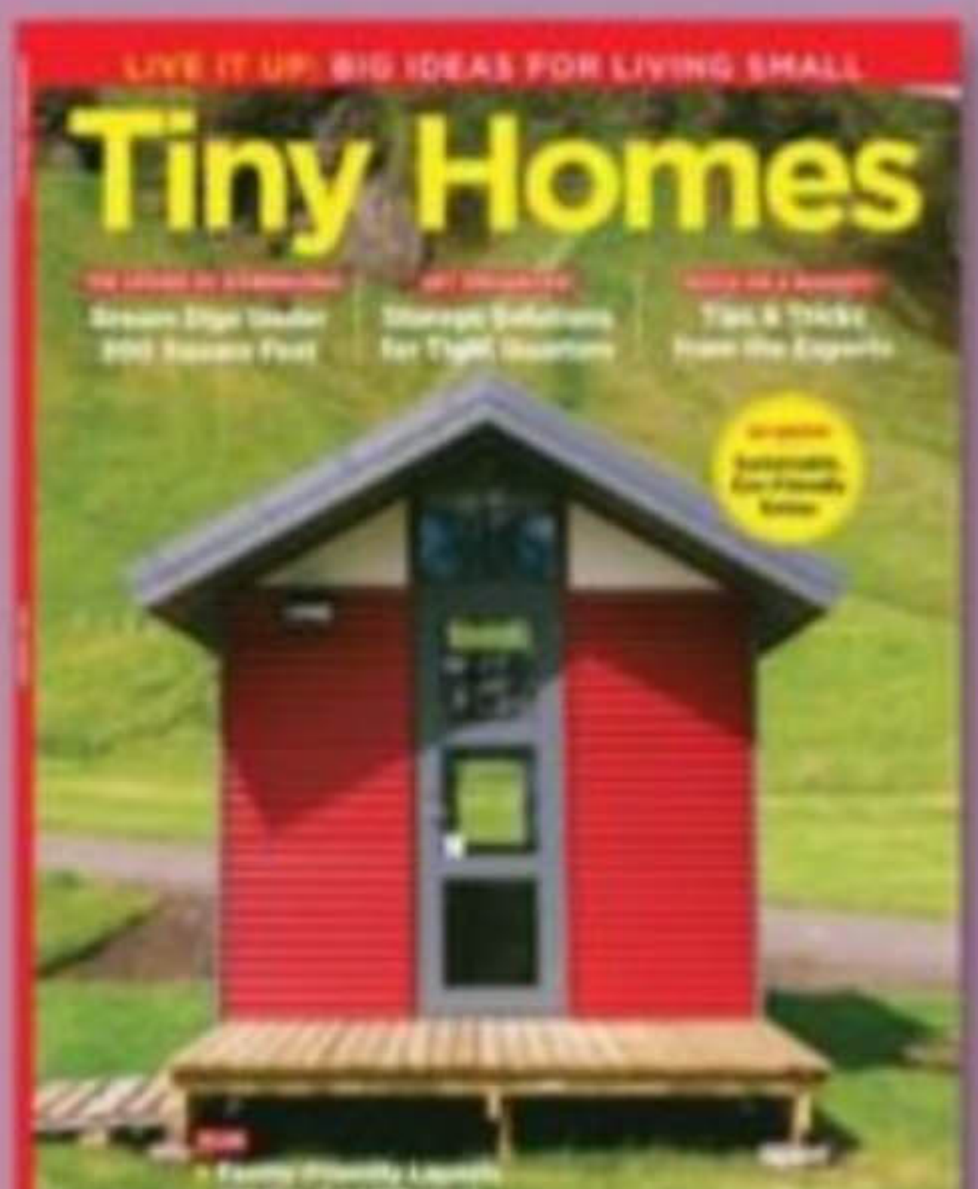
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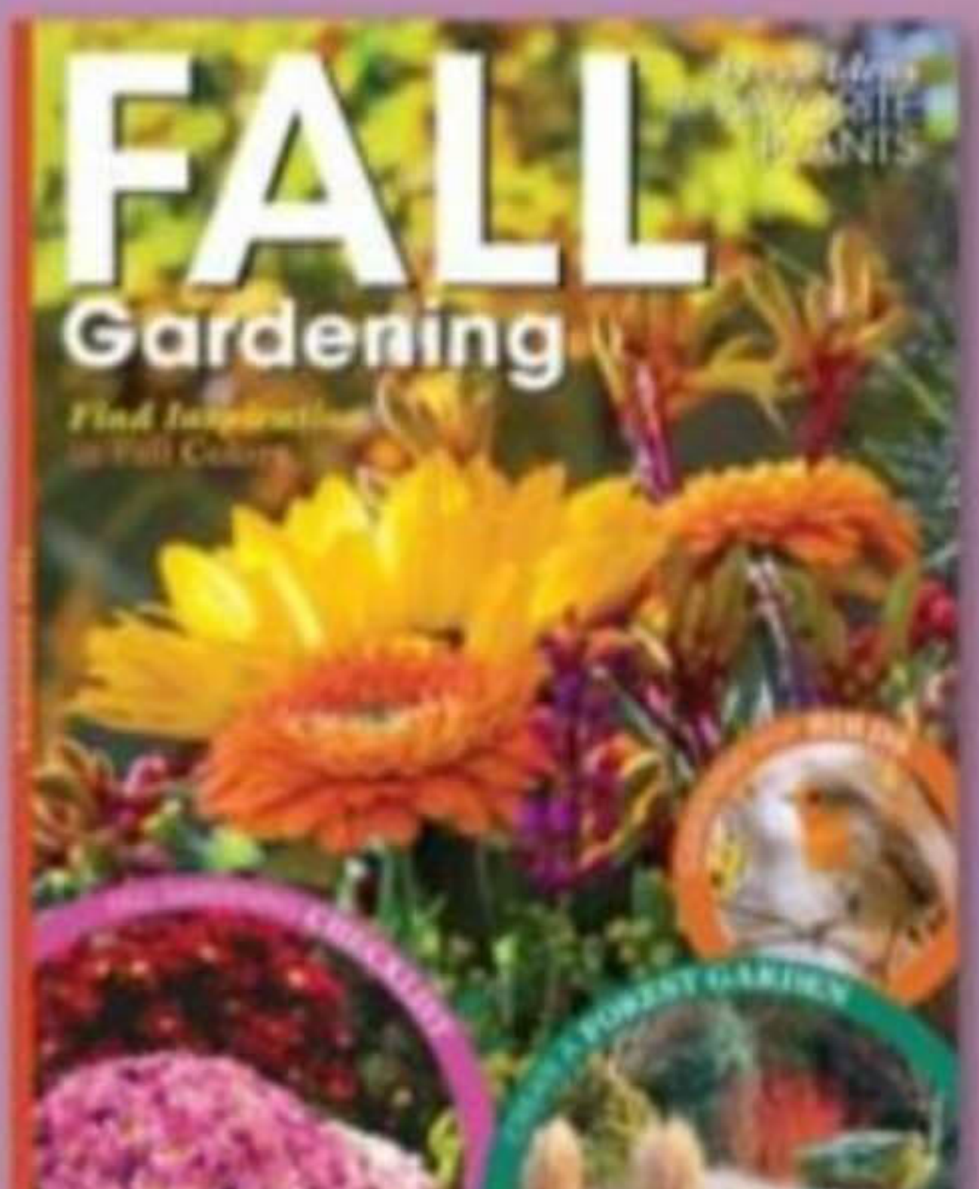
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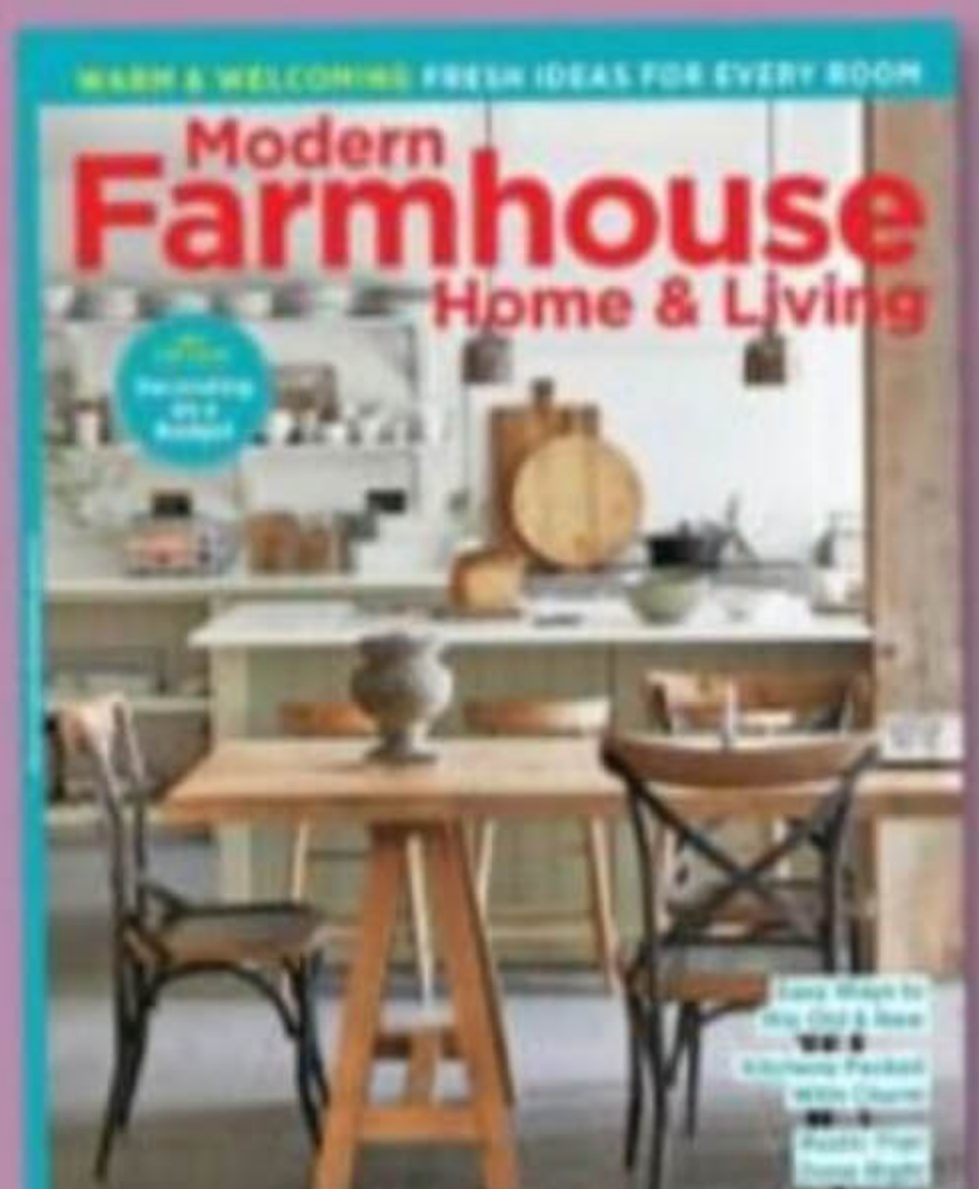
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